

CHICKEN & STEAK FAJITAS

INGREDIENTS

- 1 BAG FROZEN/ PRECOOKED CHICKEN FAJITA STRIPS
- 1 BAG FROZEN/ PRECOOKED STEAK FAJITA STRIPS
- FLOUR TORTILLAS
- 1 ONION
- 1 RED BELL PEPPER
- 1 GREEN BELL PEPPER
- 1 AVOCADO
- PACKAGE CHERRY OR GRAPE TOMATOES
- 1 CAN BLACK OLIVES
- 1 TBSP EXTRA VIRGIN OLIVE OIL
- 1 CAN BLACK BEANS

STEPS

- IN A LARGE PAN, ADD 1 TBSP OLIVE OIL
- ADD SLICED VEGGIES (ONION, PEPPERS AND TOMATOES) AND SAUTEE FOR 3-5 MINUTES
- ADD FROZEN CHICKEN & STEAK FAJITA STRIPS AND ALLOW ALL TO SIMMER FOR AN ADDITIONAL 5 MINUTES ON LOW/MEDIUM HEAT.
- CUT AVOCADO INTO SLICES AND OLIVES IN HALF (TO USE IF DESIRED)

SIDE ITEMS

- 1 CAN BLACK BEANS
- 1 LARGE PINEAPPLE
- SOUR CREAM
- SHREDDED CHEESE

MEATLOAF

INGREDIENTS

- 2 POUNDS GROUND BEEF
- 1 CUP SHREDDED CARROTS
- 1 ONION – FINELY CHOPPED
- 1 TBSP OLIVE OIL
- 1 TBSP SOY SAUCE
- 1 TSP THYME
- 1 TSP APPLE CIDER VINEGAR
- ½ TSP MUSTARD POWDER
- 2 CLOVES GARLIC – MINCED
- 1 CUP BEEF BROTH (FOR GRAVY – OPTIONAL)
- 1 CAN COCONUT MILK (FOR GRAVY – OPTIONAL)

STEPS

- PREHEAT OVEN TO 350
- MIX ALL INGREDIENTS (NOT INCLUDING GRAVY) IN LARGE BOWL
- BAKE IN LOAF PAN FOR 1 HOUR
- MAKE GRAVY (OPTIONAL): MIX BEEF BROTH AND ½ CAN OF COCONUT MILK WELL AND SIMMER OVER MEDIUM HEAT FOR 5 MIN. **NOTE: USE ADDITIONAL ½ CAN OF COCONUT MILK FOR MASHED POTATOES**

SIDES

- MASHED POTATOES
- HONEY GLAZED CARROTS (*SEE ADDITIONAL RECIPE*)

HONEY GLAZED CARROTS

INGREDIENTS

- 1 PACKAGE BABY CARROTS
- 2 TBSP HONEY
- SALT & PEPPER

STEPS

- BOIL BABY CARROTS IN WATER UNTIL A FORK CAN EASILY POKE THROUGH
- DRAIN WATER
- ADD HONEY AND SALT & PEPPER AND MIX WELL

SCALLOPED POTATOES WITH HAM

INGREDIENTS

- 8 RUSSET POTATOES, PEELED & THINLY SLICED
- 1 WHITE ONION – THINLY SLICED
- 3 CUPS CUBED HAM
- 3 TBSP GHEE
- 1 CAN COCONUT MILK (14.5 OZ)
- ¼ TSP DRIED PARSLEY
- ¼ TSP DRIED OREGANO
- ½ TSP DRIED THYME
- ½ TSP GARLIC POWDER

STEPS

- PREHEAT OVEN TO 350 DEGREES
- IN A LARGE SKILLET PAN MELT 2 TBSP GHEE OVER MEDIUM-LOW HEAT. ADD DRIED SPICES AND COOK UNTIL FRAGRANT (ABOUT 30 SECONDS)
- ADD IN COCONUT MILK, AND ALLOW TO REDUCE ON A LOW SIMMER (STIRRING FREQUENTLY) FOR APPROXIMATELY 20 MINUTES
- WHILE SAUCE SIMMERS – PREP THE POTATOES, ONION & HAM
- USE THE ADDITIONAL 1 TBSP OF GHEE TO GREASE A 9X13 BAKING PAN
- LAYER POTATOES ON BOTTOM, ONION, HAM (MAKE 2-3 LAYERS) TOP WITH POTATOS
- POUR COMPLETED SAUCE OVER CONTENTS OF THE DISH
- BAKE COVERED FOR 1 HOUR – THEN AN ADDITIONAL 10 MIN. UNCOVERED IF DESIRED TO BROWN THE TOP OF POTATOES

SIDES

- GREEN PEAS
- CANTALOUPE

BBQ PORK RIBS

INGREDIENTS

- 2 RACKS OF PORK RIBS
- 1 CAN TOMATO SAUCE
- 1/2 CUP BALSAMIC VINEGAR
- 2 TBSP DIJON MUSTARD
- 2 TSP GARLIC POWDER
- SALT & PEPPER

STEPS

- COMBINE ALL SAUCE INGREDIENTS IN A MEDIUM SAUCE PAN AND PLACE OVER MEDIUM HIGH HEAT. BRING TO A BOIL, THEN REDUCE TO A SIMMER FOR 15 MINUTES
- PREHEAT OVEN TO 250
- LAY RIBS ON FOIL AND BRUSH ON BBQ SAUCE. SEASON WITH SALT & PEPPER AS DESIRED. WRAP THEM COMPLETELY IN FOIL AND LAY ON BAKING SHEET.
- BAKE FOR 3 ½ HOURS

SIDES

- SWEET POTATO FRIES (FROZEN BAG)
- BROCCOLI (FROZEN BAG)

SAUSAGE, EGG & BROCCOLI CASSEROLE

INGREDIENTS

- 1 POUND GROUND PORK SAUSAGE (OR 1 BAG PRE-COOKED JIMMY DEAN TURKEY SAUSAGE CRUMBLES)
- 1 PACKAGE FROZEN BROCCOLI FLORETS
- 12 EGGS
- ½ CUP COCONUT MILK
- 2 TBSP COCONUT OIL (MELTED)

STEPS

- PREHEAT OVEN TO 375
- COOK GROUND PORK IF NEEDED
- GREASE 24 MUFFIN TINS OR 2 BREAD LOAF PANS
- MIX ALL INGREDIENTS TOGETHER AND POUR EVENLY INTO MUFFIN TINS OR PANS
- BAKE FOR 15-20 MINUTES

SIDES

- 4 INGREDIENT GRANOLA BARS (*SEE ADDITIONAL RECIPE*)

NO BAKE GRANOLA BARS

INGREDIENTS

- 1 CUP PITTED DATES
- 2 CUPS WALNUTS
- 2 CUPS DESICCATED COCONUT
- ¾ CUP DRIED CRANBERRIES (NON-SWEETENED)
- 3 TBSP WATER

STEPS

- TOAST WALNUTS IF DESIRED ON LOW/MED HEAT. LET COOL AND THEN ADD TO FOOD PROCESSOR ALONG WITH DATES, COCONUT AND CRANBERRIES
- PROCESS UNTIL MIXTURE IS WELL COMBINED WITH A CRUMBLY TEXTURE
- GRADUALLY ADD THE WATER AND KEEP PROCESSING UNTIL THE MIX IS STICKY
- LINE AN 8X8 BAKING DISH WITH CLING FILM AND PRESS MIXTURE IN. PRESS DOWN FIRMLY WITH CLING FILM ON TOP TO ENSURE THE MIXTURE STICKS TOGETHER
- REFRIDGERATE FOR 2 HOURS – THEN CUT INTO BARS. SPRINKLE WITH ADDITIONAL COCONUT IF DESIRED

SHREDDED MEXICAN CHICKEN

INGREDIENTS

- 6-8 CHICKEN BREASTS
- 1 CAN BLACK BEANS – DRAINED
- 1 CAN CREAMED CORN
- 1 TBSP CHILI POWDER
- 1 TSP GARLIC POWDER
- 1 TSP ONION POWDER
- ½ TSP DRIED OREGANO
- (SALSA MIX BELOW)
- 1 CAN (14.5 OZ) WHOLE PEELED TOMATOES – DRAINED
- 1 CAN (14.5 OZ) DICED TOMATOES WITH GREEN CHILIES
- ¼ CUP CHOPPED ONIONS
- 1 TSP GARLIC SALT
- 1 TSP SUGAR

STEPS

- ADD ALL SALSA INGREDIENTS TO A FOOD PROCESSOR AND BLEND WELL
- IN A LARGE CROCK POT – LAYER CHICKEN, THEN BEANS, CORN, SPICES AND SALSA
- MIX ALL TOP INGREDIENTS TOGETHER
- COOK ON HIGH FOR 4 HOURS OR LOW FOR 8
- SHRED, THEN SERVE OVER BAKED POTATOES, RICE OR IN TORTILLAS

SIDES

- BAKED POTATOES
- CORN ON THE COB
- STRAWBERRIES